“I quit drinking pop to become healthier and to keep my teeth stain free.”

Emily-Ann Niego

“Being healthy is important to me… that’s why I chose to Drop the Pop! I choose healthy foods and drinks that give me the energy that I need to be active and on the go.”

Simeonie Kisa-Knickelbein
Welcome to Drop the Pop! This teaching manual has lots of activity ideas that you can pick and choose from to customise Drop the Pop for your classroom and your school!

Why Drop the Pop?
Pop, fruit drinks, slushies, and energy drinks are high in sugar. Fruit drinks are drinks that are not 100% real juice, for example drink crystals.

The sugar in sweet drinks can cause tooth decay. Consuming sugary drinks can also increase the risk of developing obesity and diabetes.

When children have sweet drinks they miss out on the nutrients in milk. Milk helps keep bones and teeth strong.

Children should not have sweet drinks in order to keep their teeth strong and their bodies healthy.

Encourage your students to:
• Make water their main drink!
• Drink milk for strong teeth and healthy bones!
Dear Parents and Care Givers,

Students at _________________________________ School are participating in the Nunavut-wide “Drop the Pop” campaign for the week of _____________________________________.

Students will learn about nutrition and making healthy drink choices.

They will try to not drink pop for 5 days. If students usually drink more than one pop per day, they might find that they have some physical and emotional symptoms when they stop drinking the pop. Your student may need more rest, more patience and understanding to achieve their goal to avoid pop.

Water and milk are the best choices for kids and adults alike.
Instead of pop, kids can drink:

- Water
- Milk
- Chocolate milk
- Yogurt drinks
- 100% real juice (NOT Kool-Aid, Fruit Punch, or other drinks that are not 100% juice)

Thank you for supporting Drop the Pop week!

Sincerely,
Drop the Pop Challenge
Class Score Sheet

Teacher instructions: Photocopy this sheet for use with your class. Checkmark the days that students do not drink pop. Please give the completed sheet to your school Drop the Pop Coordinator.

School Name: 
Teacher’s Name: 
Grade: 

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Total Number Points:
Total Number Students:
Suggested Activities

Activity

Drop the Pop Challenge

Challenge level: Easy to Difficult
Objective: Students give up pop for the school week
Materials: Drop the Pop Challenge Class Score Sheet (see page 3)

Encourage students to participate in the Drop the Pop Challenge by not drinking pop or other sweet beverages for five school days. Post a photocopy of the Drop the Pop Challenge Class Score Sheet (see page 3) in your classroom. Students can use this form to track their progress. For healthy teeth and bodies, encourage your students to make water their main drink and to have milk every day. At the end of the Drop the Pop Challenge celebrate your students’ success with special activities or prizes!

Activity

Games Day or Half Day

Challenge level: Easy to Difficult
Objective: Students participate in physical activities
Materials: Games materials, water to drink, healthy snacks (for example country food, crackers, cheese, fruit and yogurt)

Have a school wide games day or half day to encourage physical activity for healthy living. Remind students that when playing games, water is the best choice to satisfy thirst. Sports drinks are sweetened and should only be consumed when playing intense activities, like hockey. Energy drinks should not be consumed when playing sports as they are too high in sugar and caffeine. After the games are done, serve healthy snacks and drinks.
Suggested Elementary School Games

Gym games such as

**What Time is it Mr. Wolf**
There are two safe zones, one at each end of the gym. One student is Mr. Wolf and stands in a safe zone with his or her back turned to the students standing in the other safe zone. The students call out in unison, “What time is it Mr. Wolf?” Mr. Wolf will reply a time and the students move forward that many steps. For example, if Mr. Wolf replies, “4 o’clock!” the students take four steps toward him. When Mr. Wolf thinks the students are getting close to him, he replies, “Dinner time,” turns around and chases the other students with the goal of tagging one before they run into one of the safe zones. If a student is tagged, they are the new Mr. Wolf.

**Four Corners**
Each corner of the gym is assigned a number from 1 to 4. The counter sits in the center of the gym and counts to ten with their eyes closed. While the counter is counting, the other students run between corners and must be in a corner by the time the counter has reached 10. Then the counter calls out a corner number (1 to 4) and then opens their eyes. The students in that corner are out of the game. This is repeated until there is one student left who becomes the new counter.

**Basketball Dribbling Drill Relay**
Divide students into two teams. Each team should line up at the same end of the gym. Give a basketball to the student at the front of each line. At the start signal, have students dribble the ball to the center line of the gym and back to their team. The student then gives the ball to the next person in the team who repeats the dribbling drill. The first team to complete the drill wins!

**Volleyball Bump, Set, Spike!**
Divide students into pairs and give each pair a volleyball. For each team, have student one bump the ball to student two. Student two then spikes the ball back to student one. Or for younger students, have each pair volley the ball back and forth.

Outdoor games such as

**Sliding**
Take students outside for some fun sliding in the snow.

**Obstacle Course**
Have an obstacle race on the playground. You can use playground equipment as obstacles or as obstacles to run around.
Health Fair

**Challenge level:** Easy to Medium  
**Objective:** Students and community members learn basic health information about a variety of topics

Have a health fair at school. Invite health professionals, for example, community health representatives, dietitians, nurses, and dental care providers to set up information booths and speak about healthy alternatives to pop. Invite Elders to speak to students about how people stayed healthy in the past and how to be healthy today. Or, have students prepare their own information booths on different health topics. For example, healthy eating, physical activity, and smoking cessation. Invite students, families and community members to attend.

**Suggested Middle and High School Games**

**Minute to Win It Games**  
Minute to Win It games are contests that must be completed in 1 minute. For example: make a tower with 5 apples that must remain standing for 3 seconds or put together a puzzle made from the front of a cereal box.

**Traditional Games**  
Invite students to play traditional games, for example high kick, kneel jump and knuckle hop.

**Organized Sports**  
Have students play sports such as basketball, volleyball or soccer.

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**Run Your Own Way Relay**  
Group students into teams of 5. Mark a start and a finish line in the snow. Beginning at the start line, have students stand equal distances between each other with an equal distance between the last student and the finish line. Each student should run in their own way and in a way that is different from their teammates. For example, if the first student runs sideways the next student could hop on one foot. Have each student tag the next student before they can run. The first team to have all its members cross the finish line wins.

**Snowman Building Race**  
Group students into teams. Challenge each team to build a snow man as quickly as possible. The first team to finish their snow man wins.
Cost of Pop

Challenge level: Medium to Difficult
Objective: Students learn about cost of consuming pop
Materials: Paper, pencils, erasers

Find out the cost of one can of pop in your community. For example $2.00.

Have students:
• Estimate the amount of cans of pop the average student consumes in one day. For example: 5 cans.
• Calculate the cost of consuming that amount of pop in one day. For example: $2.00 x 5 cans = $10.00.
• Calculate the cost of consuming pop for one week, one year and 15 years. For example: $10 per day x 7 days = $70 per week; $70 per week x 52 weeks per year = $3,640 per year; $3,640 per year x 15 years = $54,600.
• Ask students: What other things could we be spending our money on instead of pop?

Sugar in Cola

Challenge level: Medium to Difficult
Objective: Students learn about the amount of sugar in pop
Materials: Paper, pencils, erasers, sugar, different sized bowls

The average amount of sugar in a can of pop is 30 ml (6 tsp).

Have students:
• Estimate the amount of cans of pop the average student consumes in one day. For example: 5 cans.
• Calculate the amount of sugar consumed in that amount of pop in one day. For example: 30 ml sugar x 5 cans = 150 ml.
• Calculate the amount of sugar consumed in one week, one month and one year. For example: 150 ml x 7 days = 1,050 ml/week; 1,050 ml x 4 weeks = 4,200 ml/month; 4,200 ml x 12 months = 50,400 ml/year or 10,080 tsp.
• Measure out the amount of sugar consumed in one pop, one day and one week. Hint 1 cup = 250 ml
Cola, coffee, tea, and energy drinks contain caffeine. Caffeine can make people feel irritable, increase blood pressure, and weaken bones. It is recommended that children and adolescents do not consume caffeine. If children and adolescents are consuming caffeine, the maximum safe amount is 2.5 milligrams (mg) of caffeine per kilogram (kg) of body weight per day. The average amount of caffeine in one can of: energy drink is 155 mg, cola is 38 mg and iced tea is 17 mg.

Have students do the following:
• Measure their weight in kilograms using a bathroom scale.
• If the scale measures only in pounds, divide weight in pounds by 2.2 to get weight in kilograms.
• Calculate the maximum amount of caffeine that is safe for them to consume.
  For example: body weight in kg x 2.5 mg caffeine.
• Assess if their maximum amount of caffeine is more or less than the caffeine in one can of cola, energy drink or iced tea.
• Calculate how many cans of cola, energy drink and iced tea it would take to reach their daily maximum amount of caffeine.
Label Reading

Challenge level: Medium

Objective: Students learn about sugar in sweet drinks and to identify sugar on drink package labels

Materials: Empty pop cans, water bottles, 100% fruit juice boxes, fruit drink containers, drink crystal packages and milk containers

- Hand out beverage containers to students. Ask students to look at the packaging and identify which drinks are 100% real juice, contain some real juice, and have no real juice. Tell students: Are you surprised to learn that some of these juice drinks do not contain any real juice? Tell students that 100% fruit juice is a healthier choice compared to other sweet drinks. 100% fruit juice has vitamins and minerals that other drinks (for example drink crystals) do not contain.
- Explain to students that ingredient lists show every item that has been added to a drink. The ingredient list on drink containers shows if sugar has been added. Sugar has many names that often end in –ose, for example: glucose-fructose, dextrose, sucrose, and maltose. Other sources of sugar are: corn syrup, maltodextrin, fruit juice concentrate, and honey. Ask students to read the ingredient lists on the beverage containers and identify the sugar ingredients.
- The Nutrition Facts Tables tell us about the nutrition in packaged food including the fat, sugar, protein, vitamins and minerals. Ask students to find “sugar” in the Nutrition Facts Table on their beverage containers. Compare the amount of sugar found in 100% juice, juice drinks, milk and water. Ask students to guess why the 100% fruit juice has sugar in the Nutrition Facts Table, but not in the ingredients list. Explain that even though the sugar in 100% fruit juice comes naturally from the fruit, it is still a sweet drink. This is why water and milk are the best choices.

Science Activities

Elementary Schools

Activity

Water and Earth

Challenge level: Easy

Objective: Students learn about the importance of water

Materials: Green paper, blue paper

Show students a map of the world and discuss how much is land (¼) and how much is water (¾). Hand out green and blue pieces of paper in a 1:4 ratio. Ask students to arrange the papers in a circle on the floor. Ask them what it represents. (Answer: the world is ¾ water.) Ask students to rearrange the papers into the shape of a person. Ask them what this means. (Answer: The human body is also ¾ water.) Remind students to make water their main drink.
**Activity**

**Acid in Cola**

**Challenge level:** Easy to Medium  
**Objective:** Students learn about the effects of acid in cola on teeth and the importance of tooth brushing  
**Materials:** 2 uncooked eggs, 2 clear cups (or glass jars), toothpaste, toothbrush, cola, plastic wrap

Calcium is the mineral that makes teeth strong. Acids in food can make calcium come out of teeth. Brushing teeth with toothpaste protects teeth from losing calcium and helps keep teeth strong. Teeth and egg shells are made with calcium. Use 2 uncooked eggs to represent teeth. Clean one egg with 1 berry sized amount of toothpaste and a tooth brush for two minutes and rinse it clean. Fill 2 clear cups with cola. Place the cleaned egg in one cup and the not cleaned egg in another cup. The eggs should be completely covered with the cola. Cover the tops of the cups with plastic wrap or jar lids. Wait 7 days. For the not cleaned egg, calcium will come out of the shell and settle at the bottom of the cup or make the cola cloudy. The cleaned egg will not lose its calcium. Toothpaste protects the egg just like it protects teeth from damage.

**Creative Projects**

**Elementary Schools**

**Activity**

**Nunavut Food Guide Colouring Book**

**Challenge level:** Easy  
**Objective:** Students learn about healthy country foods and grocery store foods  
**Materials:** Nunavut Food Guide Colouring Book, crayons, scissors

Have children colour pages from the Nunavut Food Guide Colouring Book. Explain that all country foods are healthy foods. Do the colouring cut and glue activities at the end of the Nunavut Food Guide Colouring Book. A downloadable version can be found here www.gov.nu.ca/health.
Toothbrush Calendar

Challenge level: Easy
Objective: To improve students’ tooth brushing habits
Materials: Paper, crayons, optional decorations like stamps, glitter glue, stickers

Help students to design their own tooth brushing calendar. There should be a space for each day of the month. Each day should be divided into two halves. One half represents morning tooth brushing and the other half represents evening tooth brushing. Have students decorate the calendar. Students can check off a space each time they brush their teeth.

Middle and High Schools

Junior Journalist

Challenge level: Easy to Medium
Objective: To improve students’ knowledge of health messages
Materials: Paper, pens

Brainstorm and discuss with the class health messages that students feel are important to Nunavut youth. Divide students into groups. Have each group create a newsletter, radio or video announcement about what they are doing for Drop the Pop or other health message important to Nunavut youth. Distribute newsletters to other classes, include radio announcements within your school’s morning announcements, and show video announcements at an end of the week assembly.

Create a Cookbook

Challenge level: Medium
Objective: To improve students’ knowledge of food preparation
Materials: Paper, pens, computer, printer

Have students search the internet and cookbooks for recipes. Have students try out the recipes at home or in class. Take photos of the foods to include in the cookbook. Try to include country food whenever possible to reinforce the message that country foods are healthy choices. For recipe ideas visit www.gov.nu.ca/health and the websites of Dietitians of Canada, Heart & Stroke Foundation, Canadian Diabetes Association, Kraft Canada Recipes, Cook With Campbell’s, Meals.com, Kellogg’s, Life Made Delicious and Bake It Up! from Eat Right Ontario.
Class Discussions

All Schools

Activity

Nunavut Food Guide

Challenge level: Easy to Difficult
Objective: Students learn about healthy eating by learning about the Nunavut Food Guide

Show students the Nunavut Food Guide. If possible, give a copy to each student. Use the Nunavut Food Guide Educator’s Handbook for great questions to ask the class about the Nunavut Food Guide and to facilitate a discussion on healthy eating.

Activity

Healthy Habits

Challenge level: Easy to Medium
Objective: Students learn about healthy habits
Materials: Paper, pens

Have students brainstorm why pop and sweetened beverages are not healthy choices. To help facilitate your brainstorming session, ask students questions such as: What is a habit? What is a healthy habit? Can drinking pop be a habit? Is drinking pop a healthy habit? What are your healthy habits? Can you make your beverage habits healthier? Have students brainstorm how they might change unhealthy beverage habits so that next time they consider having water or milk instead of other beverage choices.
**Elementary Schools**

**Activity**

**Dental Health**

- **Challenge level:** Easy
- **Objective:** Students learn about teeth and dental health
- **Materials:** Diagram of teeth with different parts labeled ([http://www.mouthhealthy.org/en/az-topics/e/eruption-charts](http://www.mouthhealthy.org/en/az-topics/e/eruption-charts)) and historic pictures of Inuit with strong teeth

Teach students about the different parts of a tooth and the different kinds of teeth. Ask students:

What are traditional Inuit practices for cleaning teeth? In photographs from a long time ago why do Inuit have strong teeth? Why do you think dental health has become an issue for Nunavummiut? How might dental health be improved for everyone? How do we keep our teeth healthy now? Are traditional foods like maktaaq (Narwal or Beluga skin and fat), nikku (caribou jerky), or pissi (dried fish) easy or difficult to chew? What do your teeth need to be like to eat these foods? Remind students of the importance of brushing teeth twice a day with a toothbrush and toothpaste in order to have strong teeth. Strong teeth are important for eating country foods.

**Middle and High Schools**

**Activity**

**Class Debate**

- **Challenge level:** Medium to Difficult
- **Objective:** Students learn about a debate topic on healthy living
- **Materials:** Research materials

Explain to students that a debate is when the class argues on different sides about the same topic. Split students into two groups and assign each group one side of the same topic. Examples of debate topics are: Should students be allowed to bring pop to school? Should stores be allowed to sell junk food? Should the amount of sugar in sweetened drinks be limited by the government? Have each group research and prepare an argument for their side of the topic. Ask each group to choose a spokesperson who can share the group’s ideas. Have the spokespersons take turns presenting their groups’ ideas.
Special Projects

**Elementary Schools**

**Activity**

**Floss is the Boss**

**Challenge level:** Easy  
**Objective:** Students learn about the importance of flossing  
**Materials:** Rubber gloves, toothbrushes, dental floss, strawberry jam

Have each child put on a rubber glove. Ask students to spread their fingers apart, put strawberry jam all over their fingers including in-between their fingers and then to tighten their fingers together. Tell students to pretend that their fingers are teeth. Ask students while keeping their fingers tight together, to try brushing the jam away using a toothbrush. Then ask students while keeping their fingers tight together, to use the dental floss to try and remove the jam. Ask students: What part of teeth does a toothbrush clean? What part of teeth does floss clean?

**All Schools**

**Activity**

**Cooking Class**

**Challenge level:** Medium  
**Objective:** Students learn about cooking healthy foods  
**Materials:** Recipe ingredients, cooking equipment, photocopies of recipes

Have a cooking class with your students. Choose one of the 10 Core Recipes (www.gov.nu.ca/health) to make with your class if you have access to a kitchen in your school. If you do not have access to a kitchen, do a cooking class on how to make healthy vegetable and fruit snacks that do not require cooking.
**Activity**

**Product Marketing**

**Challenge level:** Easy to Medium  
**Objective:** Students learn how food product packaging is designed to attract customers  
**Materials:** Packaging from processed foods

Show students the packages of different foods. Ask students: Is the packaging designed to be attractive? Does the food in the picture on the package look like the actual food? Are there kids pictured on the packaging? If yes, what are the kids doing? How does the packaging make you feel about the food?

**Activity**

**Research Projects**

**Challenge level:** Easy to Difficult  
**Objective:** Students research and learn about a specific area of healthy living  
**Materials:** Computers, poster making materials

Have students prepare a research project on healthy living. Topics could be chosen by students or teachers. Some topic suggestions include: what causes tooth decay, pop consumption in Nunavut, avoiding sweet drinks and sweet foods for a healthy body, how does physical activity like sports or traditional games help students to be healthy, how communities or schools can help people live healthier lives, an action plan on how to make your school or community healthier. Students could prepare posters to show their work and present their findings to the class.
Resources

**Nunavut Nutrition**

**General Nutrition**
Dietitians of Canada: [www.dietitians.ca](http://www.dietitians.ca)
For nutrition games and quizzes see here: [www.kidshealth.org](http://www.kidshealth.org)
Eat Right Ontario: [www.eatrightontario.ca](http://www.eatrightontario.ca)

**Reading Nutrition Labels**
Heart and Stroke Foundation: [www.heartandstroke.com/site/c.iklQIcMWJtE/b.4391511/k.5226/Health_Check_Nutrition_Facts_table.htm](http://www.heartandstroke.com/site/c.iklQIcMWJtE/b.4391511/k.5226/Health_Check_Nutrition_Facts_table.htm)
Eat Right Ontario: [www.eatrightontario.ca/en/Articles/Nutrition-Labelling](http://www.eatrightontario.ca/en/Articles/Nutrition-Labelling)

**Dental Health**
Nunavut Dental Health: [www.gov.nu.ca/health](http://www.gov.nu.ca/health)
Canadian Dental Association: [www.cda-adc.ca](http://www.cda-adc.ca)
Ontario Association of Public Health Dentistry: [www.oaphd.on.ca](http://www.oaphd.on.ca) 2MIN2X: [www.2min2x.org](http://www.2min2x.org)
Bright Smiles Bright Futures from Colgate: [www.colgate.com/app/BrightSmilesBrightFutures/US/EN/Program-Materials/For-Educators/Teachers.cvsp0](http://www.colgate.com/app/BrightSmilesBrightFutures/US/EN/Program-Materials/For-Educators/Teachers.cvsp0)
## Rethink your drink

Be aware of the sugar in your drinks!

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<td>Energy Drinks (can)</td>
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<td>Iced Tea (bottle)</td>
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<td>Pop (can)</td>
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<td>Drinks made with crystals or powder (1 cup)</td>
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### How much sugar is in these drinks?

Many drinks have lots of sugar in them even though you can’t see it. Check out the list below to find out how many teaspoons of sugar are in some common drinks.